



The Shakerite

AT WHAT POINT DOES THE

FIGHT

FOR SUCCESS DEFEAT SANITY?



PAGE 6-7

REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITTEN COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			

STRESSED OUT AND OVER IT

Is high school turning into a “Race to Nowhere?” Learn more about the grueling road to academic superiority -- and fatigue, on pages 6 and 7.

Cover by Graham Fine



What's Inside



These songs hit a sour note

“If we gotta dumb down our style and ABC it, then so be it,” Eminem raps in his newest single, “Syllables.” Throughout the song, he and five other rappers berate the current rap scene, calling it trivial and meaningless. With uninspired lyrics about getting cash money, subjugating women and reinforcing their “gangsta” statuses, we can’t help but agree – Eminem and his buddies are indeed putting the “emphasis on the wrong syllable.”

We enjoy a catchy chorus just as much as the next girls. It’s only when we look closer at lyrics of many popular songs that we just feel like throwing up. Wacka Flocka wants us to loosen our pants and then watch as we “do it with no hands,” and Lil Wayne would enjoy if we told him how we “love it.” Once you actually read the lyrics, it’s hard to believe that anyone would feel comfortable singing them.

And yet, we hear a group of girls shouting the chorus to Travis Porter’s “Make it Rain” (“I make it rain, b***,”) while strolling down the hallway. In the words of our wise adviser, “as women, when you listen to this music, you are contributing to your own degradation.”

Rap music is especially prevalent in Shaker culture; the style crosses boundaries of race, gender and socioeconomic status. As this genre has seeped into our everyday lives, it’s become commonplace to sing vulgar lyrics. When anyone, but specifically women, mindlessly parrot these gender slurs, what kind of environment are we creating for ourselves? Unfortunately, we’ve both been guilty of this at one time or another. But the more we think about it, the less we can tolerate it.

Recently, a local “up-and-coming” rapper sent The Shakerite his press release, which included an MP3 of his single “Pick a Girl, Any Girl.” The song, written and performed by Product A.D., (who attended Shaker and who claims to have cut class with Kid Cudi) was obnoxiously pornographic,

SPOTLIGHT takes on Roman’s Revenge, page 10

referencing various sex positions, oral sex and lewd descriptions of women; not only were the lyrics absolutely disgusting, but the grammar was also atrocious. Most of the words weren’t actually words (his second song is called “Made4Dis”).

This is the kind of “artist” a publicist wanted us to promote in our HIGH SCHOOL newspaper. To top it all off, he claimed that girls ages 13-18 were the target demographic for Product A.D.’s musical slurs. Although we doubt the validity of that statement, if it is true, something is seriously wrong with our generation of women.

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READ ABOUT IMPORTANT CURRENT EVENTS THAT OCCURED OUTSIDE OF YOUR FACEBOOK BUBBLE. GET INFORMED WITH INTERNATIONAL NEWS ROUNDUP.

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“What is government if words have no meaning?”

KILLING OFF THE COMPETITION?

Palin’s violent language and explicit imagery lead us to question her political ethics

BY FRANCESCA DODD AND LANA HANSEN

Some days when you wake up, you feel like you’ve been hit by a train. That’s how we felt when we read the news about Alaska Governor Sarah Palin’s latest interview. She was talking about “killing off the competition” and “making sure the competition is dead.” We were shocked and disturbed by her language. We thought, “What is government if words have no meaning?”

Palin’s violent language and explicit imagery lead us to question her political ethics. She said, “I’m going to make sure the competition is dead.” We were shocked and disturbed by her language. We thought, “What is government if words have no meaning?”

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STRATEGY OR IGNORANCE? SARAH PALIN’S CROSS HAIR MAP AND VIOLENT RHETORIC ARE EITHER POLITICAL PLOYS OR EXAMPLES OF STUPIDITY. EITHER WAY, THEY POISON THE SOCIAL CLIMATE.

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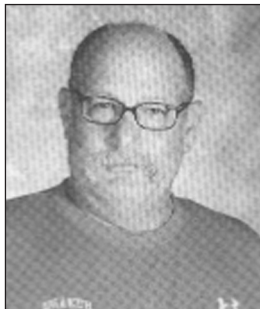
Campus and City

Alateen offers support

Is someone at home drinking? Does it affect your life? Alateen can help. The Shaker Alateen group meets Thursdays at 4:30 p.m. in the Stephanie Tubbs Jones Community Building (next to the main Library), on Lee Road in Room 115. Group meetings are free and participants remain anonymous.



MARK LEIMSIEDER, 59, 'A PHENOMENAL MAN'



Liemsieder

BY DANA FINLEY AND VICTORIA FYDRYCH
EDITORS IN CHIEF

Shaker Heights High School teacher, coach and club adviser Mark Leimsieder, 59, died Feb. 2 after struggling with brain cancer.

Leimsieder taught marketing education at the high school. Outside of the classroom, he coached football and baseball and coordinated the high school's award-winning Distributive Education Clubs of America team.

Senior Rob Snyder, who was part of the freshman football team Leimsieder coached, remembers his mentor fondly. "If it were not for Coach Leimsieder, I do not

think I would be the same athlete I am today," Snyder stated in a Facebook interview. "He helped me realize my role on the team as a leader and taught me how to embrace this role and the importance of modesty in such roles."

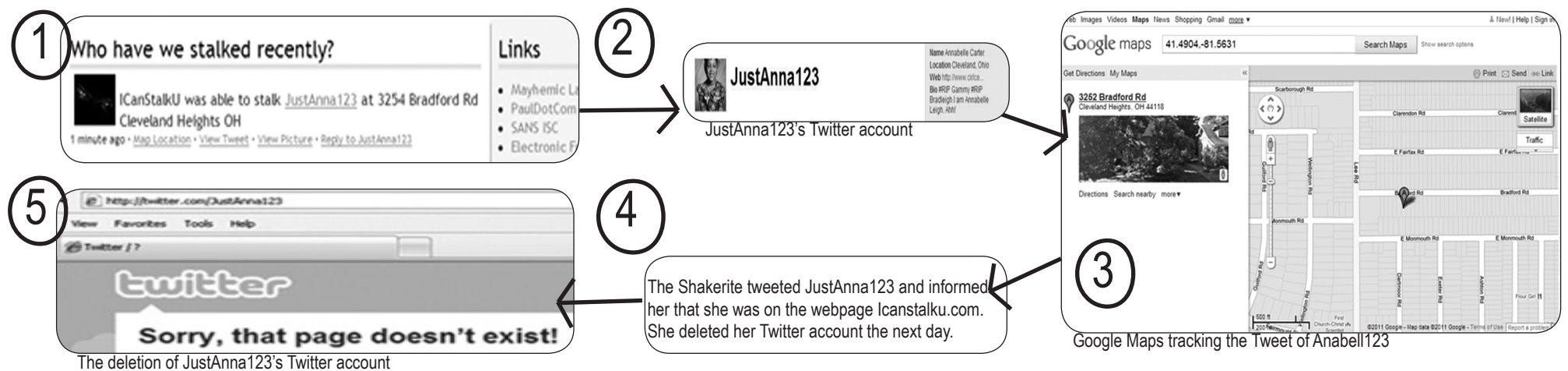
Fellow coach Mark Hoskins also recalls the passion and dedication Leimsieder brought to the high school. "Coach Leimsieder had a big heart. Loyalty was always his strongest asset," said Hoskins. "He had a high respect for peers."

Hoskins said that even when faced with a rare form of brain cancer, Leimsieder always sought to have a posi-

tive attitude. "He was faced with a battle and he knew the outcome, but he never feared it," said Hoskins. "He put his students, family, peers and team above everything."

Principal Michael Griffith commended Liemsieder's professionalism and personal concern for others. "He was able to work with all types of students . . . help them find their own voice," said Griffith. "For me, he was one of most caring and dedicated employees I have been able to work with. A phenomenal man."

Leimsieder is survived by his wife, Carrie, and their three children, Marcie, Leesa and Saree.



GEOTAGGED PIX SHOW MORE THAN YOU KNOW

BY ERIN CULLEN
CAMPUS AND CITY EDITOR

Uploaded a picture to Twitter of Flickr lately?
Better check who is following you as a result.

Because of Geotagging, a feature most GPS-smartphone users are unaware of, you may be giving away more personal information than you want to when you upload a picture to the internet. Unless the feature is disabled, each photo will attach a digital code called a geotag, which can be easily decoded and tracked to the site where the picture was taken. The geotag provides-GPS coordinates that, when plotted on Google Maps, can track exactly where a picture was taken.

The creators of the website IcanStalkU.com are trying to alert people to the privacy risks created by geotagging. On the site, random pictures from sites such as Flickr and Twitter are decoded for their geodata. The site eerily refreshes a list of individuals' user names, their photos from Flickr or Twitter, and addresses and Google maps of the images' locations. Users are also invited to

message these "stalked" people.

Senior Yael Talleyrand, who uses a Blackberry to upload pictures to Twitter, said she doesn't worry about stalking through geotagging. Being a visitor from Haiti, she said, "Anyone who knows me well enough or who has been following me for long enough knows that I'm in Shaker, but it stops there".

Senior Emma Bresnahan uploads pictures frequently on Twitter, every day to every other day. "I didn't know people could find me through my pictures," she said after visiting IcanStalkYou.com. "I guess now I'm a little worried, but I doubt anything like that would happen," Bresnahan stated in an email interview.

The Shakerite tested the effect of the website Jan. 31, when a teenage girl from Cleveland Heights was "stalked" on ICanStalkU.com. A picture uploaded on her Twitter account, JustAnna123, included a geotag. The ICanStalkU site mapped the picture to her house, which is only a few miles from Shaker Heights High School. The site included a link to her Twitter page, which featured plenty of profanity and sexually suggestive language. The Shakerite staff

tweeted her to try to conduct an interview but received no response. The following day the JustAnna123 Twitter account was deleted without explanation.

Some websites such as Facebook remove geodata when photos are uploaded. Other websites, such as the popular photo-sharing website Flickr, rely on geotagging to illustrate where photos were taken and to allow users to search for photos by location.

In a Flickr blog titled "Great Shot -- where'd you take that," a Flickr user explains how to track your photos on maps and track others as well. This website mentions nothing of the inadvertent stalking problem or how to remove the geodata from a picture.

Many people who have smartphones are unaware of the geotagging capabilities on their phone. "I have never heard of Geotagging before in my 18 years of living," Bresnahan said.

Talleyrand had a vague idea, "Isn't it when people add their location to tweets or posts?"

You can go to Geotagsecurity.com for more information on the harms of geodata and the risks involved in uploading a photo.

Adults take the mic when P.A. announcers don't show

BY ERIN CULLEN
CAMPUS AND CITY

"PA announcers please report."

That was again the first announcement on the Jan. 28 morning announcements, when junior Lauren Vandebroek was the only announcer there to perform her job. If you listened that day, you also heard announcements read by the following adults: Principal Michael Griffith, accounting specialist Marian Steenbergh, guidance counselor Elizabeth Vokes, nurse Paula Damm and academic adviser Mary Lynne McGovern.

"When she said, 'PA. announcers please report,' Mr. Griffith

walked by and saw Mrs. Steenbergh and Lauren alone," said McGovern. "All of a sudden, we had all of the adults reading the announcements."

That Friday morning was not the first time faculty members have read the announcements. McGovern, who is also in charge of the P.A. announcers, often calls upon Steenbergh as a quick substitute reader.

In an e-mail interview, Vandebroek stated that "honestly, we're all guilty of not showing up from time to time.

"There have been days that Ms. McGovern or Ms. [Mae] Morrical does all of them alone," Vandebroek stated.

In April, students have the opportunity to become announcers. Those who try out must have a 2.5 GPA or higher, read fluently and "they must be responsible and reliable," McGovern said.

Then why don't students show up? According to McGovern, most of the announcers take challenging courses, making leaving their second period class in time to read announcements difficult.

"We do let her know when one of us is going out of town," Vandebroek stated, "but none of us really foresee test-taking days as an impediment to the announcement-making process." She added that the reason they aren't reporting doesn't always involve travel or tests. "I think the reason people don't show is because we forget."



CATERING A NUMBER of anti-gay events has awakened criticisms of Chick-fil-A.

7 things to know in the news

1 ATLANTA, GEORGIA Chick-fil-A denies accusations of gay rights groups who claim that the company is not supportive of the gay rights movement. Chick-fil-A provided food for a Pennsylvania Family Institute event that was against gay marriage, and the company has admitted in the past that they define marriage by a Biblical standard. Known as the largest company to identify openly with Christian ideals, Chick-fil-A stores are closed on Sundays.

2 NEW YORK, NEW YORK The Jan. 20 Mafia crackdown in the Northeastern United States was one of the largest in decades. One hundred twenty-seven suspects were arrested for various crimes dating back nearly 30 years. Arrests targeted members of some of the largest Mafia families currently operating in the country and included Junior Lollipop, Vinny Carwash, Baby Fat Larry and Jack the Whack.

3 BERLIN, GERMANY After German data protection officials received complaints from non-Facebook users who received e-mails from Facebook, Germany and Facebook reached an agreement allowing Facebook users in Germany to opt out of sharing information of those on their contact lists. Facebook is sending e-mails to contacts of users who enable the Friend Finder application. The messages invite the contact to join Facebook or use its applications. Although German Facebook users may choose not to have the information of their contacts shared, Facebook users in other countries cannot.

4 MOSCOW, RUSSIA The Jan. 24 suicide bombing in Moscow's Domodedovo Airport killed 35 people and injured 180 others. Taking place at 4:40 p.m. in a crowded section of airport's arrivals wing, the blast was carried out by two bombers, a woman and a man. Moscow officials suspect that the bomb was set off when the woman opened her suitcase. NTV television has shown an image of what is believed to be the man's detached head, blown off immediately in the blast.

5 PANAMA CITY, FLORIDA Synthetic drugs being sold as bath salts, pond scum remover, pH optimizer and growth stimulators are being smoked and snorted across the United States. In Florida, these drugs have already been banned after people experienced hallucinations, paranoia and anxiety and did not respond to normal sedation drugs officials use for similar cases. According to NPR, a woman in Panama City attacked her mother with a machete because she thought that she was a monster, and a man ripped a radar unit from a police car with his teeth.

COMPILED BY SARAH-JANE LORENZO

TEXT FROM COACH TO PLAYERS INTERPRETED AS HARASSMENT

6 SYRACUSE, NEW YORK Syracuse University's women's basketball coach Quentin Hillsman was accused of sexual harassment by team member Lynnae Lampkins for inappropriate text messages and physical contact. Lampkins claimed that these were the reasons that she did not return to play on the team this year. One text Hillsman sent to Lampkins read, "I love you, I miss you, I can't wait to see you." Hillsman denied all accusations of harassment. He said he sent the message to several players and that it represented his feelings about the entire team, not one player. "These allegations are untrue and hurtful to me and my family," he said in a statement. "I've coached hundreds of student-athletes and never faced an allegation such as this." A university investigation found no evidence of wrongdoing. Lampkins' father has filed a complaint with the U.S. Department of Education Office of Civil Rights.

COMPILED BY SARAH-JANE LORENZO



SYRACUSE UNIVERSITY STUDENT Lynnae Lampkins stands with women's basketball coach Quentin Hillsman during a game. Lampkins accused Hillsman of sexual harassment via text.

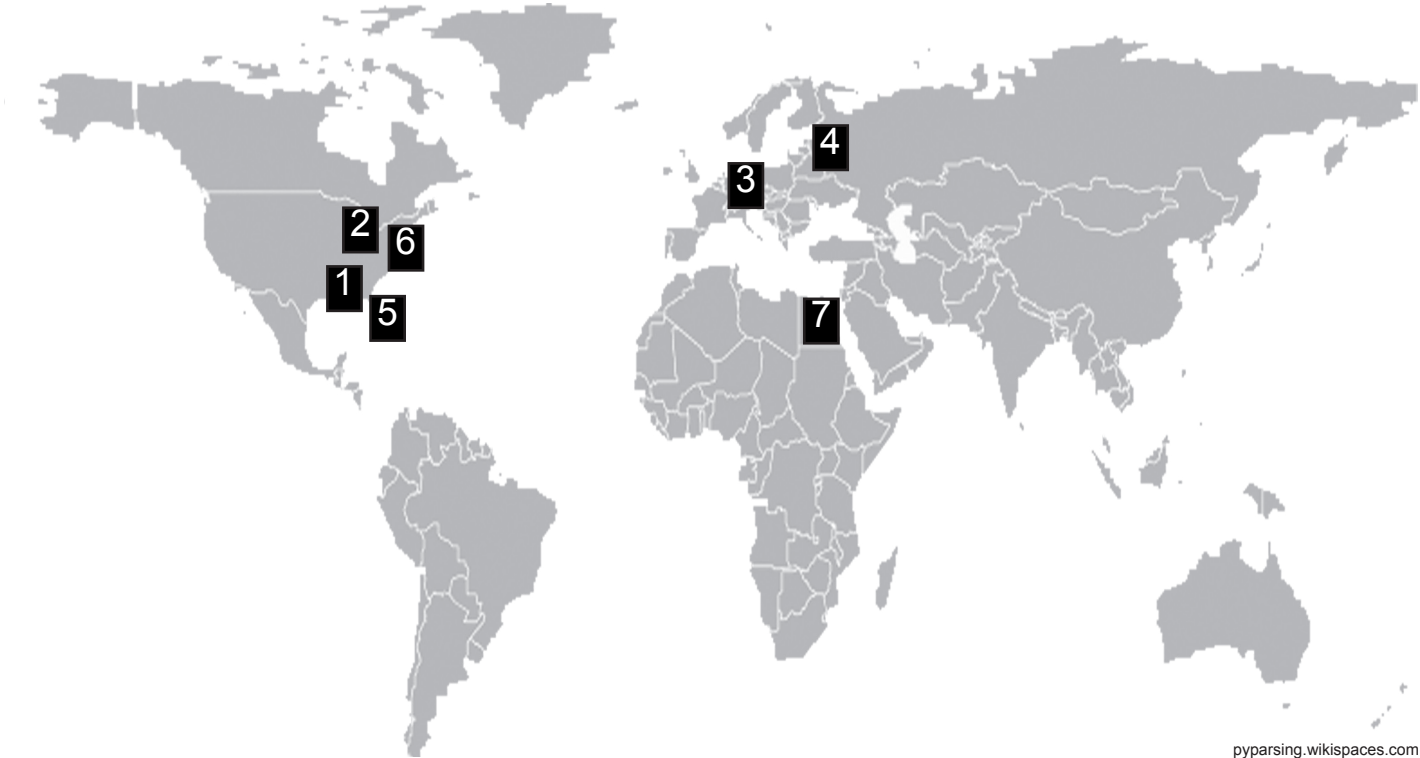


AN EGYPTIAN PROTESTER walks into a line of police officers Thursday, Jan. 27. His sign reads "Leave, leave, Mubarak."

Revolution in Egypt

7 CAIRO, EGYPT Protesters are rebelling against President Hosni Mubarak's autocratic government. The revolution began Jan. 25, sparked by the ongoing protests in Tunisia, which resulted in the resignation of Tunisian President Zine El Abidine Ben Ali Jan. 15. Reacting to the unrest, Mubarak, who has ruled Egypt for 30 of the nation's 58 years as a republic, promised not to run for reelection this fall. However, protesters were not satisfied and continued to call for Mubarak's resignation. The current protests are the first since the 1970s, and the actions of the protesters have been coordinated primarily through Internet sites such as Twitter and Facebook. In attempts to curb protest, Egypt shut down its Internet and mobile phone services from Jan. 27 to Feb. 2. At press time Feb. 10, Mubarak spoke to the nation and announced he would not step down.

COMPILED BY SARAH-JANE LORENZO



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Inviting unwanted attention

Most high school students will post anything on the Internet without a second thought. Increasingly, we are wary of what might incriminate us when college admissions officers look at our Facebook pages. But what about the Internet hacker who is literally -- and publicly -- stalking you on Twitter? See Campus and City, Page 3.



Spa day at the airport with TSA

The number of rights that the human race takes for granted is mind blowing. Some assume their privileged lives will never crumble. Some don't appreciate the opportunities America offers them.

I, however, always took for granted the ability to go from one airport to another without being physically and emotionally violated. But maybe that's just me.

The fact that I was in a second grade classroom when planes hit the World Trade Centers on September 11, 2001 did not prevent me from understanding the seriousness of the attack. The Transportation Security Administration had every right to take away my child-proof scissors when I was 9. And I can get over walking on the disgusting airport carpet in my socks as they check for explosives in my boots. But I ran out of tolerance as I entered the new TSA full-body scanners over winter break.

As the machine circles you and you feel like preparing for liftoff, you have nothing to do but think about the TSA employees in a back room who are looking at everything God gave you. Theoretically, they would not be able to identify your face or your clothing; although they may very well be able to identify those goods you did not wish to share. (According to Frommer's, a TSA screener got into a fight with co-workers after one of those new machines revealed the small size of his, well, sexual organ). So imagine as you're walking through these new machines and the TSA employee in the back room looks at the image and says, "Whoa, look at the behind on that passenger."



Katie Inglis

Suddenly the memories of college trips and family vacations are tarnished by the thought of government-sponsored peeping Toms.

But that's not all. Once you make it through that porno booth the TSA likes to call a scanner, prepare yourself for the worst: a complete pat-down. And I don't mean a few pats on your arms and legs. As my mother, sister and dad watched, I was subjected to the equivalent of a full body massage, except with my clothing still present. First, the TSA official, who they kindly ensure are the same gender as you, rubs around the belt area. Then she makes her way down your legs and back up, moving up to your stomach and chest area, going from a gentle pat to a ferocious rub. As if this isn't enough, she then moves back down your legs, up to that "behind," which the back-room representative may have admired, and grab.

I'm sincerely sorry to disappoint you, Ms. TSA agent, but I promise you that my gluteus maximus is 100 percent natural, no bombs included. And as much as that butt pat was fully enjoyable, the full frontal rub that followed it was certainly not needed. Unfortunately, I've never dreamed of spa day at the airport in front of everyone on my flight, so you can imagine this wasn't a dream come true. Suddenly, the fact that this agent was the same gender as I am had zero significance. All sarcasm aside, the new policies that TSA is enforcing, and I experienced firsthand, are nothing less than violating and sickening.

I'm all for protecting our country and its security, but I'd also like to protect my sense of dignity next time I'm at the airport.



TEACHING TO THE UNENDING TESTS

Every student has been asked by at least one teacher why an assignment hasn't been completed. After all, "I only gave you one hour of homework last night." True, but seven classes a day means seven different teachers who are each giving only an hour of homework each night.

A single hour of homework most definitely won't kill a single student. But an hour of homework from each teacher for each of seven classes adds up to seven hours of homework a night. This is beyond excessive, especially considering that those seven hours are preceded by a seven-hour school day.

So 14 hours of work, five days a week, equals 70 hours, or almost 42 percent of your week. Teenagers are medically recommended to get at least nine hours of sleep per night, which adds up to 34 percent of the week. Realistically, teenagers get about seven hours of sleep a night. This means that we spend a significantly longer amount of time studying than sleeping.

Guidance counselors push students to pursue extracurricular activities and volunteer work, and teachers generally seem to validate that goal. However, when they double the amount of homework due in two days, when one of them is flex night, they ensure students can't follow counselors' suggestions. When a teacher decides to ignore a flex night or a testing day, there isn't much a student can do short of not studying or not doing the homework.

Our favorite line by far is, "Well, you had all of the snow day/week-end/day off to work on my assignment." When every teacher says that and every teacher assigns a big project or test to study for over the long Presidents Day weekend, something will be neglected. And that teacher whose in-class debate didn't go as well as planned because

students spent the weekend studying for science instead of working on history never seems to understand that students did not spend all weekend hanging out with their friends instead of working; there were just too many things to work on.

Flex nights were created for a reason. Admittedly, even if teachers never deviated from the flex night and testing day schedule, the crazy workload would be far from eradicated. But it would take off some of the pressure at the end of the quarter when we have five tests on the same day. Kudos to the English teachers, the majority of whom manage to stick to the flex night schedule. And believe it or not, we still manage to learn.

Shaker prides itself on its rigorous academic courses. But with all of the information that is being continually stuffed into our brains (which are starting to feel saturated), the learning can often get lost in the process of the knowing.

We are long past the time when school consisted of repeating back memorized information, and yet we are still following the same model -- we are spoon-fed huge quantities of information that we are immediately required to understand, analyze and spit back out. Increasingly, we are being taught to the tests, without stopping to think about how information could be applied or whether we will remember it in a year.

In her Guest 'Rite about "Race to Nowhere," a movie that examines the stress put on high school students, English teacher Jodi Podl stated that, "I worry that [high school students] have no balance in their lives because they do not have time to relax without guilt." For most of us, free time is a foreign concept. We spend so much time studying or thinking that we should be studying, that it becomes impossible to slow down without becoming overwhelmed by what is left to do.

Analyze that.

Flex Night Schedule	
Monday	Social Studies
Monday	Mathematics
Wednesday	Business Education
Thursday	English
Thursday	World Language
Friday	Science





Cover Story

FIGHT TO THE FINISH

With students feeling pressure from every angle, stress levels are growing. Students are loading up to get in to college, but are test-driven curricula, tiger mothers and heightened competition all worth that final goal?

THE SOURCES

One Another

The sense of competition among students to succeed is mounting. "I think students at the top of the class are really competitive about grades and colleges," Krantz stated. "I've actually seen students peeking over their desks just to see how other people in their class did on a test."

"Even as an underclassman, the competition is still there. After every test everyone is curious to see what other people got," sophomore Kate Connors stated in a Facebook interview. Connors also feels that students judge their peers based on how well they manage their school work with outside activities.

The majority of competition among students comes from one place: college admissions. The admissions process has become more selective and competitive in recent years. Naviance, an online college-research and planning website for students, as well as Common App, which allows students to submit

applications electronically to any of 415 U.S. colleges and universities, have combined to magnify students' stress.

With Naviance, students can compare themselves to other students in the college application process 24 hours a day, and the Common App has caused students to apply to far more schools than they might have in the past. According to Guidance Department Chairwoman Eileen Blattner, 100 Shaker seniors applied to The Ohio State University this year, and many have been deferred. At the Feb. 9 senior class meeting, she urged seniors who had been accepted to OSU but did not intend to go there to notify the university to help deferred students' chances of admission.

"We are all fighting for acceptances to the same schools, so students are always trying to be better than the student next to them," senior Erica Schoonover stated in a Facebook interview.

Teachers

While teachers are the driving force behind a school's curriculum and success, they can also be one of the main sources of extreme pressure on students. Teachers are not immune to pressure for their students to achieve high test scores, and as the curriculum increasingly conforms to the demands of standardized testing, teachers inevitably communicate that pressure to students.

As standardized testing becomes more of a worry for students, teachers are compelled to teach more about the subjects that will appear on standardized exams, rather than teaching for the sake of learning.

"There's definitely the pressure there to test well and be top of everything, and it's starting to seem more important to know facts and score well than to be able

to think or reason," junior Matt Krantz stated in a Facebook interview.

Naturally, teachers push for their students to succeed and achieve more than just the bare minimum. "I don't think that it's bad to have high expectations for my students," English teacher Elizabeth Colquitt said.

However, the Faculty Redbook states that the time students spend on homework per night should be equivalent to the time spent in class.

If a student is taking five core classes, each being 50 minutes long, that means they have at least four hours of homework a night.

Combined with outside activities and other obligations, students must cram a huge homework load into a small window of time.

Parents

Teens often face pressure from a source all too close to home: their parents. While parenting methods differ, every student feels the pressure to please his or her parents. Whether seeking bragging rights or displaying genuine concern for their children's future, parents encourage their children to claw their way to the top.

Yale law professor Amy Chua's view of parenting is: the more pressure, the better.

Chua's most recent book, "Battle Hymn of a Tiger Mother," exposes an extreme approach that she attributes to Chinese parents. While Chua acknowledges that the Chinese parenting style is flawed in that it doesn't tolerate the possibility of failure, she still imposes strict rules on her daughters.

From refusing to let her daughter get up from her piano bench to use the bathroom to threatening to burn her child's stuffed animals, Chua essentially has her children on lockdown.

While Chua's method may produce straight-A students, it is at the expense of her daughters' freedom. And although her book also criticizes "western parents" as lax, the tendency to push children beyond their lim-

The Government

At the Feb. 9 senior class meeting, Assistant Principal Eric Hutchinson commended the class of 2011 for having only 12 members who still need to pass part of the OGT. His comment represents a less obvious source of pressure on students -- legislation aimed at improving academic performance. Laws such as the No Child Left Behind Act, the 2001 revision of the original Elementary and Secondary Education Act, have overhauled the education system.

Under the law, the government uses scores on standardized tests such as the Ohio Graduation Test to evaluate schools and student performance. Schools whose students don't achieve the government-mandated

THE EFFECTS

The pressure to be successful in high school as well as college is taking a toll on students' health and well-being. According to a New York Times article, of 200,000 incoming full-time college freshmen, the percentage of students rating themselves as "below average" in the emotional health category increased from 1985.

At Shaker, students are all too familiar with pulling all-nighters, crashing in the middle of the day and overworking themselves to their breaking point.

"I've been up really late a lot of times finishing projects and doing assignments. I'll admit that I've had one or two breakdowns from huge amounts of stress," Krantz stated.

While it may seem unhealthy and excessive, many students are putting their health second and work first by staying up all night to finish homework and study, or pulling "all-nighters."

"I think most of my peers would agree with me that there is just so much pressure to do well that sometimes it seems the only thing you can do is pull an all-nighter," senior Molly Wymer stated in a Facebook interview.

These late-night cram sessions are beginning to seem inevitable. Sophomore Kate Connors stated in a Facebook interview, "I haven't pulled an all-nighter yet, but I'm only a sophomore." Connors feels that "no test matters so much that I need to stay up until three to study."

Sophomore Leighah Scully feels

otherwise. "On occasion it seems more beneficial to sacrifice sleep for homework, and cramming in last-minute work and studying sometimes seems to be the best option," she stated.

While risking a few hours of sleep sounds mild, there are some students who take more drastic measures. "School pressure has led to me to become a caffeine addict to keep me awake so that I can finish my homework," stated junior Alyx Wagner, who drinks coffee and 5 Hour Energy to stay awake. On occasion, Wagner also uses over-the-counter Pro Plus Caffeine Tablets.

There are, however, the lucky ones who feel little to no pressure academically. "I actually have not felt that much pressure, even while taking AP classes. I get my sleep every day, even when there is a test," senior Anabel Wang stated in a Facebook interview.

"When people are constantly telling you that you need to do better in order to have a 'successful future,' it gets ingrained into your head."
sophomore Kate Connors

Senior David Gabriel believes that stressing and getting little sleep may not be the best solution. "I feel that if I had pulled all-nighters, etc. I wouldn't have handled the pressure very well," he stated.

It is important to keep in mind that the mounting pressure to succeed affects not only students but teachers as well.

Colquitt feels that the restraints of curricula limit their teaching freedom. She said that there is no room for the "teachable moment," meaning a subject that not many students know about but majority of them are interested in. Unfortunately,

teachers don't have the freedom to stop and teach about this subject because, based on the requirements of their curricula, they don't have the time to depart from the required lessons.

Teachers must also prepare their students for standardized tests in order for them to receive satisfying and successful scores. Colquitt feels that if her students were to do poorly, it should be because they don't know the information, not because they weren't aware of certain tricks or pitfalls they can encounter on these tests.

Students are also not alone in their workload. While teachers may assign large amounts of work, they are also the ones responsible for grading these assignments, which can be nothing short of stressful and tedious. Teachers are faced with the difficulty of doing their job while being understanding and taking their students' wellbeing into consideration. "Teaching's about two things: material and kids," Colquitt said. "I don't believe in adding any more to the stress than I have to."

Connors feels that "when people are constantly telling you that you need to do better in order to have a 'successful future' it gets ingrained into your head."

Wymer stated that "if the pressure increases anymore, it'll be too much for many students to handle."

THE FUTURE

As more and more students and teachers near their breaking point due to pressure, the question arises: when is enough, enough?

"With the intense competition students face in getting into colleges, you really can't reduce the pressure without hurting students' chances at top schools," Gabriel stated.

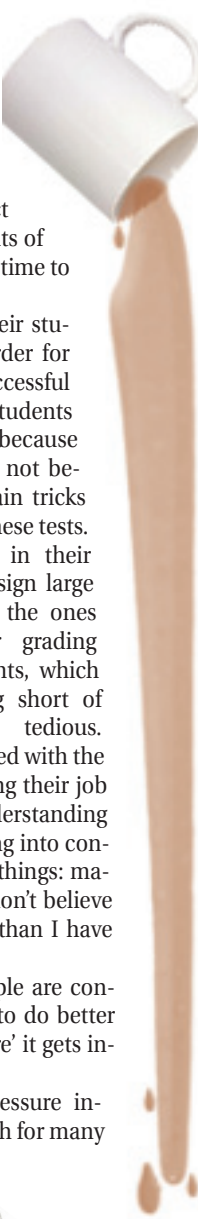
It seems that expectations for students are being raised to a point where the outstanding are setting the bar. According to guidance counselor Gerimae Kleinman, admission standards at OSU have increased to a 3.8 GPA and a 27 ACT score.

"The idea that you have to be extraordinary is unreasonable," Colquitt said.

With no clear solution in sight, students' physical and mental health are increasingly at risk. The possibility that more and more students will begin to snap due to pressure doesn't seem unrealistic.

"I'm not sure it could get a whole lot worse without involving a lot of suicides," said Colquitt. "I do think it's going to wind up with students being hospitalized because of stress."

In talking to psychologists and counselors, Shaker



'Nowhere' doesn't seem too distant

Recently, the high school PTO sponsored a screening of the film "Race to Nowhere." According to the film's website, the documentary features "the heartbreaking stories of young people across the country who have been pushed to the brink, educators who are burned out and worried that students aren't developing the skills they need, and parents who are trying to do what's best for their kids." In doing so, the film identifies "the silent epidemic in our schools: cheating has become commonplace, students have become disengaged, stress-related illness, depression and burnout are rampant, and young people arrive at college and the workplace unprepared and uninspired."

The film raises myriad questions and concerns for each of us who is a part of the Shaker Heights High School community. I am sure that few students are strangers to stress on a daily basis. While sometimes this anxiety can serve as a motivator (and, it is true that stress is a part of life that probably will always be present to some extent), I often wonder what will come from this pressure-packed existence.

As a teacher, I often share my worries with my students, particularly my juniors, many of whom were present at the movie. I worry that they have chosen such difficult schedules that they are completely overwhelmed by the amount of work that they have; I worry that there

are not enough hours in the day for them to honestly and thoroughly complete the work that is assigned; I worry that they have no choices but to cut corners by rushing, doing less than their best, or resorting to some sort of cheating (be it reading sparknotes instead of the actual novel or cutting classes that they are not prepared for); I worry that they have no balance in their lives because they do not have time to relax without guilt.

Most significantly, I worry that they have so much to do that they rarely enjoy what they are learning or have time to digest the information that is introduced to them; and I worry that despite all of the time and effort that they do put in to their work, they will still enter college without the habits of mind, thinking skills, and writing skills to do well because they have not had the time to think deeply or hone these skills.

I wish I could say that I have the perfect solution to these problems, but unfortunately, I don't. What I do know, however, is that we can't continue to proceed as normal without questioning what we are doing and making sure that the educational experience at the high school is not only challenging and enriching but also safe and sensible for all students.



"There is no real way for students to reduce that pressure without losing their competitive edge," senior Molly Wymer stated.

"The pressure to take hard classes and get into a good school is too much," Wagner stated, "so I think we've all just come to accept that these four years are defined by lack of sleep, mental breakdowns and copious amounts of stress

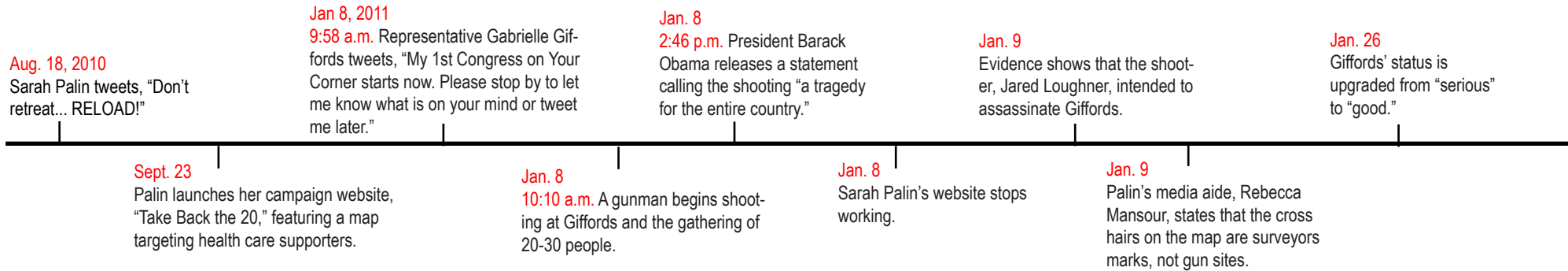
and pressure."

Although students such as Connors and Krantz feel that the issue of increasing pressure might be tamed by reducing the amount of homework and projects while also lessening the emphasis of grades and tests, the question remains whether these changes are possible.

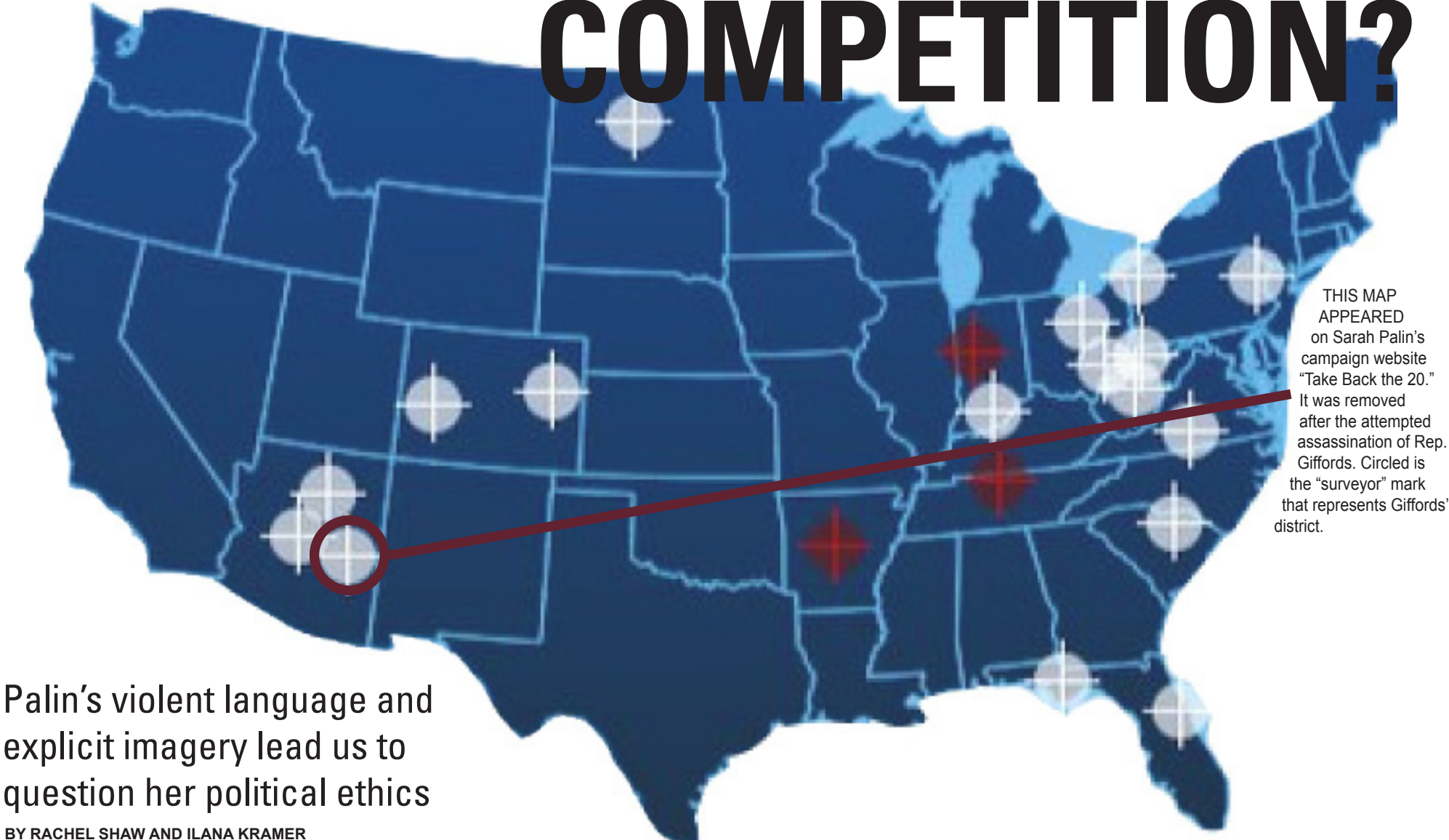
Wile agrees with Colquitt's prediction that there is going to be a major crash in students' health and well-being before conditions improve. "I think it's going to have to get worse before it gets better, but I do think it can get better," Wile said. "Kids are going to be burned out early because they've had to produce and achieve so much already, when really, there's a whole lifetime of figuring things out and achieving and making a living and learning."



“What is government if words have no meaning?”
Jared Loughner, 2007



KILLING OFF THE COMPETITION?



Palin’s violent language and explicit imagery lead us to question her political ethics

BY RACHEL SHAW AND ILANA KRAMER
OPINION EDITORS

Sarah Palin yelled fire in a crowded theater. On her political website, Palin posted a now notorious map titled, “We’ve diagnosed the problem . . . Help us prescribe the solution.” Using cross hairs, this map highlighted the Democratic representatives from 20 districts who had opposed the health care bill in 2008 but voted for it in 2010. One of them was Rep. Gabrielle Giffords of Arizona.

Rep. Giffords stood outside a Safeway grocery store Jan. 8 to launch “Congress on Your Corner,” an event intended to gain the support and hear the opinions of people from her district. As 22-year-old Jared Loughner came out of Safeway 10 minutes into the meeting, he began shooting at Giffords and the surrounding crowd with a semi-automatic pistol. He shot 19 people, killing six. Giffords was shot above her left eyebrow, and the bullet went through the left side of her brain.

Palin’s camp took down the target map shortly after the shootings. Because she is an adamant supporter of gun ownership, the gun imagery spewing from her campaign officials is downright alarming. But her representatives assured the media that the cross hairs were those of a surveyor, not a sniper. And, after a notable

four-day silence, Palin released a video in which she stated that the media criticism accusing her of inciting Loughner amounted to “blood libel.” This term, which refers to the false accusation that Jews murder Christian children and use their blood in religious rituals, is particularly offensive because Giffords is Jewish. Although Palin does have free speech rights, she can’t ignore the fact that people actually listen to her. And as a public figure, she should realize that what she says or implies carries significant weight.

In keeping with the tone of her map, Palin’s taste for violent rhetoric was on display last Aug. 18. She tweeted, “Don’t retreat . . . Reload!” in response to the firing of radio host Laura Schlessinger, who repeatedly used the n-word during a broadcast. The comment has taken on new life in the weeks after the Arizona shootings. (Loughner would have shot more people had bystanders not prevented him from replacing the ammunition clip he emptied).

As a potential presidential candidate, Palin probably never makes a spontaneous appearance or speech. Her public comments, like the content of her website, are explicitly scripted by professional writers and advisers she employs. That leaves us with three options: Palin pays people to put her authentic feelings into

words; she pays people to write words that will inspire a particular group of American voters; or she is so ignorant that she doesn’t realize the meaning of the script she’s reading or tweeting.

In 1919, Justice Oliver Wendell Holmes defined the right to free speech, saying, “The most stringent protection of free speech would not protect a man in falsely shouting fire in a theatre and causing panic.” Palin is a college graduate and former journalist. She is not illiterate. She employs inflammatory language and imagery purposefully – whether they represent her true beliefs or not. The question remains whether, like the man in Holmes’ example, Palin will endure the consequences that are supposedly due someone whose speech can be reasonably considered to urge people toward violence.

Loughner, whom experts believe to be schizophrenic, asked Giffords at an open meeting in 2007, “What is government if words have no meaning?” Loughner firmly believed that he was a victim of governmental mind control, and clearly held a grudge against Giffords when she skimmed over his question without answering it.

But in light of his shooting spree and Palin’s rhetoric, his question now strikes a disturbing chord.



Spotlight

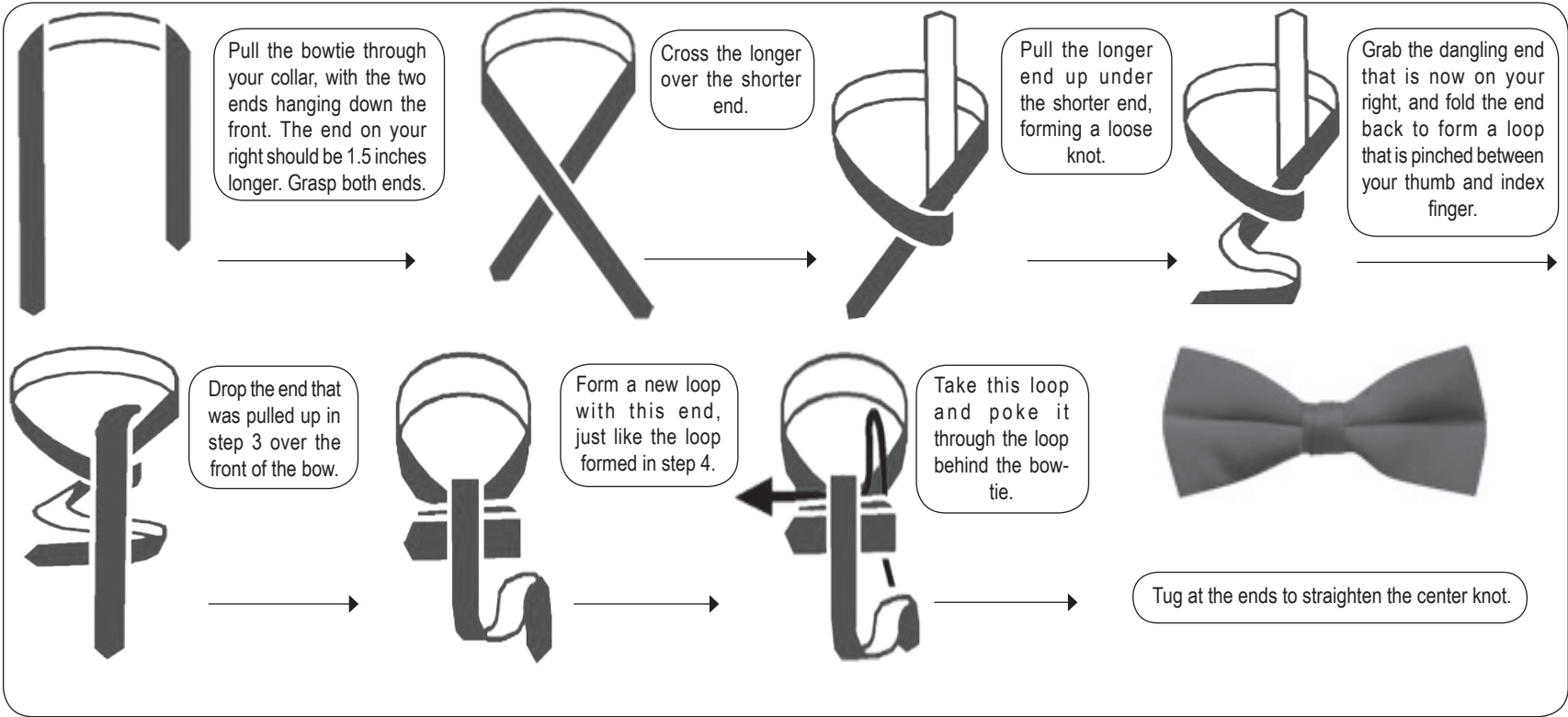
Stephen Shapero's Top 5 Playlist

“‘Fruit Salad’ makes me feel like I’m young again, like it’s the spring of 1999,” Shapero said.

1. Mean Mug - 50 Cent feat. Soulja Boy
2. Fruit Salad - The Wiggles
3. I’m Not OK - My Chemical Romance
4. U Can’t Wutang - Lyrickill.com
5. I Dreamed a Dream - Susan Boyle



BOWTIES KNOT FOR EVERYONE



www.wikihow.com

• Neck apparel usually reserved for black-tie events now adorns collars of everyday guys

BY ERIC HARRIS
STAFF REPORTER

From the red carpet to the Home of the Red Raiders, the bowtie is making a big transition. The bowtie has gained popularity as an accessory in urban fashion, and everyone from teens to musicians are getting tied up in the craze.

While originally reserved for black-tie events, the spiffy neck apparel has been welcomed by Shaker students as more and more bowties have been showing up around the building.

“The bowtie is a return to elegance because recently fashion has taken a turn for the worse, with men dressing like animals,” junior Ian Mercer said.

Many students have altered the once formal style by sporting bowties to make ordinary outfits seem more sophisticated.

“When I see people wearing bowties I think they’re trying to look smart or take on a more sophisticated look,” said sophomore Cullin Davis. “I would definitely wear a bowtie; in fact, I wear them all the time outside of school,” he said.

Junior Nae’Dean Wilson enjoys the added grace. “I like

the way boys look when they wear bowties; I think it’s so cute,” she said.

While many people may wear or admire bowties, most are unaware of the history behind them.

The bowtie, first worn by the French, has been around for about 300 years.

The soldiers of King Louis XIV apparently wore them to avoid sword swipes in battle. Louis loved the look and started to sport the tie as an accent.

Since then the bowtie has evolved into fashion’s biggest surprise, popping up on the necks of those receiving an Oscar or those just making the trip to third period.

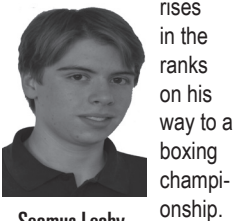
GO SEE IT



www.shockya.com

GET IN THE RING WITH ‘THE FIGHTER’

There’s no story like a true story. Shot on location in Lowell, MA, “The Fighter” chronicles the rise of “Irish” Micky Ward (Mark Wahlberg) as he



Seamus Leahy

As this rises in the ranks on his way to a boxing championship. is a boxing movie, there are many scenes in the ring which are shot in an almost surreal light to mimic the feel of an actual boxing ring.

Though the story is very dramatic and well told, the real treat in this movie is to watch Christian Bale portray Micky’s brother, Dickey, a manic former boxer turned crack addict. Watching Bale run around Lowell and get into fights with both cops and criminals is an amazing feature of the film. It is no surprise that Bale has been nominated for many awards for the film. Melissa Leo, portraying the domineering and authoritative mother of nine, does an incredible job

With actors voicing thick Boston accents throughout, the film authentically strikes at both the comic and dramatic levels.

Not to sound blatantly clichéd, but “The Fighter” is a real knockout.

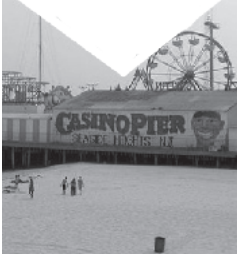
Genre: Sports & Drama
Rating: PG-13
Run Time: 1 hr. 54 min.



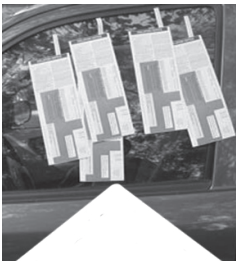
Compiled by Devin Parry



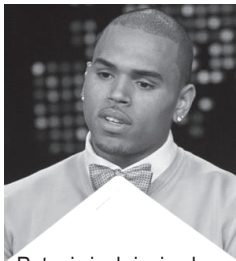
The Jersey Shore cast is making their way to Italy next season. Let’s just hope there are no run-ins with the mob.



The iPhone is now carried by Verizon, meaning a tech-savvy phone with no more bootleg coverage.



Shaker cops are cracking down around the Oval. Say goodbye to illegal parking, and hello to a \$25 fine.



Retro is in, bringing bowties back, although Chris Brown still has some work to do. See above to learn how to tie one.



Roman's Revenge

Hey Shaker, we heard you singing these lyrics, and we decided there are a few verses that should be brought to your attention

(Edited Version)

Verses of curses • number of words we can't print

What is a dungeon dragon and how does it feel?

I'm startin' to feel like a dungeon dragon
→ Raah, raah, like a dungeon dragon
I'm startin' to feel like a dungeon dragon

By the way, kicking is assault.

I'm a bad _____, I'm a _____
→ And I'll kick that _____, punt

Forced trauma, blunt

You play the back, _____, I'm in the front
You need a job, this ain't cuttin' it
Nicki Minaj is who you ain't _____ ' with
You lil' brag a lot, I beat you with a pad-a-lock

That's a little harsh, don't you think? Assault charge #2.

I ain't into S&M, but my whip's off the chain
A little drop of candy paint drips off the frame
Twisted-_____ mind, got a pretzel for a brain
An eraser for a head, _____ ' pencil for a frame

Including your daughter and the two other girls in your custody? Either way, that's mass murder.

You don't like it then peel off, _____

Every last woman on Earth I'll kill off, and I still wouldn't _____ you, slut
So wipe the smile on your grill off, I swear to God I'll _____ a Happy Meal off

Eminem (not the candy because these lyrics are definitely not sweet)

Get the wheels turnin', spin, and wheel off

Snap the axel in half, bust the tie-rod

Quit hollerin' "Why, God?" He ain't got _____ to do with it

Really? Then why did you mention him 3 lines prior to this?

Bygones'll never be bygones, so won't be finished _____ ' my wad

I ain't finished _____ ' it, nice bra Thanks!

Hope it'll fit a tough _____, _____

Life's hard, I swear to God, life is a dumb blonde white ~~rapper~~ broad

With fake ^{street cred.} _____ and a bad dye job

Who just spit in my _____ ' face and called me a _____ ' tightwad

How generous of you to have bought her a \$250 iPod, which is nothing compared to your \$115 million net worth.

So finally I broke down and bought her an iPod

And caught her stealin' my music, so I tied her arms and legs to the bed

Domestic Violence, Set up the camera and _____ twice on her

Kidnapping, Minor

Look, two pees and a tripod!

Battery.

The moral to the story is, life's treatin' you like dry sod?

I hope your daughters don't read this; they'll think their father is a women-hating, abusive monster.

Kick it back in its face, my God

It's Shady and Nicki Minaj, you might find the sight quite odd

But don't ask why, _____ (Ask why not)

Yes, it is odd that a woman would associate with you at all.

Moral? What about this story is moral?

The whole world is my punchin' bag and

If I'm garbage, you're a bunch of maggots

Make that face, go on, scrunch it up at me

Show me the target so I can lunge and attack it

Dance again, assault.

A-a-a-a-all you lil' _____ can suck it

No-homo, but I'ma stick it to 'em like refrigerator magnets (sophisticated simile)

ling on the cake, to top yourself off, you had to be homophobic.

Rape, Sodomy.

Fore I shove a falcon wing up your fly _ _ _

You know what time it is, so why ask?

Roman! Roman! Stop it, stop it!

You've gone mad, mad, I tell you, mad!

You and this boy Slim Shady! What's goin' on?

They'll lock you away! They'll put you in a jail cell!

I promise! Take your mother's warning, Roman

Please! Back to bed! Run along! Let's go! Come on!

Wash your mouth out with soap, boys!

Finally something we agree with! Please, stop it!

What to do in 4 minutes and 35 seconds instead of listening to this song

•Donate online to an anti-domestic violence organization.

•Order McDonalds without assaulting Ronald.

•Attempt to find the meaning of a "dungeon dragon."

•Play "Dungeons and Dragons" online.

•Delete the song from your iTunes play list.



Nicki Minaj

“We’re going to treat this program like a job. If you don’t show up to work, you dont get a paycheck.”
Head Coach Jarvis Gibson

THE 100-YARD DRIVE TO SUCCESS HAS BEGUN



HEAD COACH JARVIS Gibson and strength and conditioning coach Mark Hoskins assist a player with the bench press in the weight room during a Friday lifting session.

“Football requires discipline, and I will bring that to the table. Football also requires toughness, and I will definitely bring that to the table.”
defensive coordinator Art Bortnick



FOOTBALL COACHES POSE for a holiday greeting card sent to players. Seated are Anthony Watkins, Art Bortnick, Jarvis Gibson, Bill Powers and Tim Richards. Standing are Ron McCannan, Allen Foster, Mario Houston, Brian Stevenson, Darren Hudson, All are new coaches except McCannan, Foster, Watkins and Richards.

“A winning season and rejuvenated school spirit surrounding the football program would be a success.”
junior QB Connor Hall

WHAT WILL DEFINE SUCCESS?

After a 1-9 2009 season and a 2-8 2010, what will define a successful 2011 football campaign?

“A successful season would ideally be 5 to 6 wins or better. However, we don’t want to get ahead of ourselves here,” Athletics Director Don Readance said. As a first step, new head coach Jarvis Gibson requires players to attend a study hall and lift weights Mondays, Wednesdays and Fridays. Players also must begin studying the playbook. “It’s all about commitment and consistency. If we don’t have those things, we’ll be in trouble,” strength and conditioning coach Mark Hoskins said. Gibson said those who don’t attend the study sessions risk their playing time or even their spot on the team.

Compiled by Kyra Hall



Head Coach Jarvis Gibson won Division II Coach of the Year '07



Coach Mario Houston's years of coaching experience 12



Coach Art Bortnick's years of coaching experience 33

THE GOAL:
STATE TITLE
12.3.11

W-L

Coach Bill Powers finished a perfect 2001 season with a state championship at St. Peter Chanel

15-0



Coach Darren Hudson's years of coaching experience 10



The number of state titles won by new coaches 03



Coach Brian Stevenson's years of coaching experience 01



Bartley ties state record

After Shaker defeated North Royalton by the mercy rule 10-0 Feb. 4, head hockey coach Mike Bartley tied the all-time Ohio coaching wins record with 585. “It was a great way to end the season,” sophomore center Bijan Gerami said. He could have tied the record Jan. 30 against Hudson – which is coached by his son, Matt, and whom he has beaten twice this year – but lost in overtime.



Raider Zone

“Everyone is out to get us, and if we think about that, it will make us better.”
junior guard Jordyn Peck



Candace Cunard • The Gristmill

SPEEDY RAIDERS RUN AWAY WITH TITLE

Coreno guides squad of 8 to undefeated LEL record, 5th rank in region as tourney nears

BY FRANCIS GOINS
RAIDERZONE EDITOR

If you are depressed by the Cavaliers’ epically tragic season, then look no further than the women’s basketball team to witness one of the top-ranked programs around. The Raiders have had a stellar season so far, compiling a 13-2 record while remaining undefeated in the Lake Erie League. A 49-47 defeat of Cleveland Heights Jan. 26 is included in the win total. “We have been able to win so many games up until now because we have both a solid offense and defense,” said head coach Michael Coreno. “With only eight girls on varsity, they all get to play, gain experience and come together.” Despite their small numbers and a tough schedule, the Raiders have walked away with some big wins. Their biggest came against basketball behemoth Magnificat.

The 68-61 win Dec. 21 made Shaker one of the top teams to beat in Division I. “Overall just a great performance,” said Coreno. “We went out there and did everything just right to get the W.” The Raiders’ defensive effort has helped them achieve the No. 5 spot on the Plain Dealer Top 25 Girls Basketball Teams list. “We work hard on defense and make sure we shut the other team down and stop them from making easy plays,” said senior guard Chyress Lockhart. “The rest of our game falls in naturally.” This lockdown defense has resulted in 15-point blowouts throughout the season, and Shaker has held some teams to fewer than 40 points. Their defense is not the only thing that kills; the Raider offense is fast and generates high-percentage shots. “We use our speed to get easy layups,” said junior guard

Jordyn Peck “and if we don’t get the easy layup, we’ve got girls who hit the jumper.” “If you watch us, our offense just flows,” Lockhart said. No single player dominates the stats. Peck leads the offense with 18 points per game, and Lockhart averages six assists per contest. Senior forward Shelby Stokes leads the team with five rebounds per game. At 7-0, Shaker has the LEL title locked up, and Coreno is looking forward to a steady playoff run. “After LELs, everything else is a ladder,” said Coreno. “First we have to make sure we win the division title and then keep on moving from there.” The key to the women’s playoff success is to remember who they are. Said Peck, “Everyone is out to get us, and if we think about that, it will make us better.”

SOPHOMORE GALA HUGHLEY drives down court during the Raiders’ Jan. 8 home win vs. Cleveland East High School. Junior Danae Rock trails. The Raiders are 13-2 overall and 7-0 in the LEL. They were knocked from second to fifth in the Plain Dealer top 25 regional rankings after a Feb. 5 loss to Warren Howland High School. They have a bye in the first round of the sectional playoffs and will play the winner of Nordon High School vs. Cleveland East Tech High School in the second round Feb. 23 at 6 p.m. at Warrensville Heights.

by the #s

5 the Raiders’ ranking in the Plain Dealer Top 25

losses in LEL play 0

18 points per game for junior guard Jordyn Peck

compiled by Ian Round